

Chloë Volz and Dr Stuart Brownings

National and Specialist OCD, BDD and Related Disorders Service, Maudsley Hospital, London

Wednesday, 25th January 2023

University of Reading



Charlie Waller
INSTITUTE

Evidence-Based Psychological Treatment

Assessing and treating OCD in children and young people

Introduction:

Obsessive-compulsive disorder (OCD) is a debilitating condition affecting approximately 1%–2% of young people. The disorder is characterised by the presence of distressing intrusive thoughts (obsessions) and/or repetitive acts that are performed in order to alleviate anxiety or prevent a feared outcome from occurring (compulsions). Over the past two decades, a strong evidence base has emerged for the treatment of paediatric OCD, including Cognitive Behaviour Therapy (CBT) and the use of high dose Selective Serotonin Reuptake Inhibitors (SSRIs). For young people, the NICE guidelines suggest that a crucial feature of psychological treatment is exposure with response prevention (ERP). Although straight forward in principle, CBT for OCD can prove challenging to implement, particularly for more complex or chronic cases.

Content

The aim of this masterclass will be to provide up to date knowledge and skills in assessing and treating children and adolescents with OCD. It will outline the psychological evidence-based treatment approach that is viewed as best practice. The emphasis of the day will be on skills-based teaching of CBT strategies. Content will include a focus on the common pitfalls encountered in treating OCD and how to manage these. We will also include a discussion of more unusual presentations of OCD, managing risk in this group and disentangling co-morbid symptomatology.

Learning objectives:

- To gain an understanding of evidence-based practice for assessing and treating OCD, as outlined by the NICE guidelines
- To gain confidence in using CBT for young people with OCD, with a focus on exposure with response prevention (ERP).
- To have a good understanding of different types of OCD presentations and the common challenges that arise in treatment.



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Training modalities

As part of the session, assessment and treatment will be illustrated using audio and visual case material. The day will also incorporate group exercises in order to practice skills in assessment of OCD and time for exploration and discussion of the challenging issues which can often present in OCD.

Key references:

1. Turner, C., Krebs, G., & Volz, C. (2019). *OCD: Tools to Help You Fight Back! A CBT Workbook for Young People*. Jessica Kingsley Publishers.
2. Turner, C., Krebs, G., & Volz, C. (2019). *OCD: Tools to Help You Fight Back! A CBT Manual for Therapists*. Jessica Kingsley Publishers.
3. Lewis, A., Stokes, C., Heyman, I., Turner, C., & Krebs, G. (2020). Conceptualizing and managing risk in pediatric OCD: Case examples. *Bulletin of the Menninger Clinic*, 84(1), 3-20.
4. Keleher, J., Jassi, A., & Krebs, G. (2020). Clinician-reported barriers to using exposure with response prevention in the treatment of paediatric obsessive-compulsive disorder. *Journal of Obsessive-Compulsive and Related Disorders*, 24, 100498.
5. Krebs, G., & Heyman, I. (2014). Obsessive-compulsive disorder in children and adolescents. *Archives of Disease in Childhood*, 100, 495-499.
6. Gillihan, S.J., Williams, M.T., Malcoun, E., & Foa, E.B. (2012) Common pitfalls in exposure and response prevention for OCD. *Journal of obsessive-compulsive and related disorders*, 1(4), 251-257

About the presenters:

Chloë Volz

Chloë Volz is a Consultant Clinical Psychologist with the CAMHS OCD, BDD and Related Disorders Service. She is overall Team Lead and Lead Psychologist for CAMHS National and Specialist Outpatient Services. Clinically, her role involves developing individually-tailored treatment packages for OCD, which might include intensive, home-based and inpatient treatment. She also offers consultation and joint work to clinicians around the country, helping to disseminate the team's treatment approach. Chloë is a trustee on the board of OCD Action, a national OCD charity.

Dr Stuart Brownings

Dr Stuart Brownings is a Clinical Psychologist at the National and Specialist OCD, BDD and Related Disorder Clinic at the Maudsley Hospital. He specialises in CBT for OCD in children and adolescents, delivering individually-tailored treatment packages to young people across the country with high levels of severity and complexity.

For further information contact the Charlie Waller Institute:

cwi@reading.ac.uk Tel: 0118 378 7537

Charlie Waller Institute
School of Psychology and Clinical Language Science
University of Reading, RG6 6AL
<http://www.reading.ac.uk/charliewaller>

All workshops, unless otherwise indicated are intended for a cross/mixed ability audience

